

Senior

Nutrition

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Get Ready For The 11th Annual Culinary Walk-About - April 10, 2008

Buy your tickets before March 20th and you'll be automatically entered in a drawing for a Tamarack Resort package valued at \$950!

Tickets are on sale now for the 11th Annual Culinary Walk-About, a fundraiser for the Meals On Wheels program in Ada and Elmore counties. The event will be held from 6-9 p.m., Thursday, April 10, 2008 at the Boise Centre on the Grove.

The Culinary Walk-About allows guests to "walk about" and enjoy delectable specialties from some of the Treasure Valley's finest restaurants including: Blue Ribbon Bistro; Milky Way Restaurant; Chef Lou's Westside; Dawson Taylor; Blue Moose Café; Goody's; Arid Club; Tower of Chocolate; Berryhill & Co.; 8th St. Wine Co.; Life's Kitchen; Bardenay; Wild West Bakery; Emilio's at the Grove Hotel; Bungalow; Six One Six; Cucina di Paolo; Mortimer's Idaho Cuisine; and Brick 29. The cuisine will range from appetizers, main dishes and salads to desserts and coffee. Music will be provided by the Boise Straight Ahead Jazz Band. There are also some great silent auction items up for bid. Sipping for Diamonds will be featured

again this year. Individuals can purchase a glass of champagne for \$10 for a chance to win a diamond. All proceeds will support the Meals On Wheels program that delivers hot, nutritious meals to over 600 homebound senior citizens in Ada and Elmore counties every day.

Tickets are \$50 per person and are on sale now at the Meals On Wheels office at the Central District Health Department. A table reservation special is being offered through March 20, 2008. The price for a table of 10 will be \$450. Call 208-327-7460 for pricing information on business tables and corporate sponsorships. Hurry and get your tickets now – only 700 tickets are available.



Our Mission Statement: To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

SENIOR NUTRITION PROGRAM

Meals On Wheels
707 N Armstrong Pl
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

Jennifer Bourff
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
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690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
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299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
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133 Broadway
Meridian, ID 83642
888-5555

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Boise, ID 83703
343-9504

Northgate Senior Village
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5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Volunteer Spotlight | Julia Ledgard

For 22 years Julia Ledgard helped provide care and support for the more vulnerable members of her community as a social worker. After retiring and moving to Idaho, it didn't take her long to decide to help in her community once again.

"I had been living in Boise for about a year and I was eager to do something again when I saw an ad in the newspaper asking for Meals On Wheels volunteers," said Ledgard. "I've always enjoyed being with people and helping them in some way. I figured the program would be a perfect fit."

Julia became a volunteer for Meals On Wheels in July 1999 and started delivering meals on the Westy's route. She now delivers meals once a week on the Shenandoah route and also fills in on an on-call basis.

Julia really enjoys visiting the clients and chatting with them. "Many of them are very isolated and don't see anyone for days at a time, except for Meals On Wheels volunteers," she said. "I also enjoy doing the little things for the clients like picking up their mail, up righting potted plants that have blown over and making sure they're doing okay," she said.



Julia Ledgard, Volunteer

Recipient Spotlight | Erma Madray-Hayman

Meals On Wheels client Erma Madray-Hayman, celebrated a huge milestone in her life in October – her 100th birthday!

"I don't feel 100," she said. "I just enjoy my life and try to be myself."

Longevity seems to run in Erma's family. Several other family members lived well into their 80s and 90s. "I had a sister who passed in 1997 who lived to the age of 110," she said.

Erma was born October 18, 1907 in Nampa, Idaho. She was child number 12 of the 13 children born to Charles (Edward) and Amanda Andre, who were both born in Ste. Genevieve, Missouri and then moved to Nampa. Erma married Navy Madry in 1928 and was widowed at age 26 with three small children. She moved from Nampa to Boise in 1935 and currently resides in what she calls the "historic Madry-Hayman House."

Erma worked as a riveter during World War II, repairing damaged aircraft at Gowen Field. After the war she worked as a window decorator at Lemer's Dress Shop until her retirement. During her retirement years she managed a senior meals site on Grand Avenue.

Erma has been receiving Meals On Wheels for over 20 years and said she is very grateful for them.

Her grandson, Dick Madry of Boise, said "the meals are tremendously helpful, allowing her to stay in her home." He said the volunteers who deliver the meals are great as well. "Not only have they delivered her meals, but they have also trimmed her hedges, pulled weeds and take time to visit with her," he said. "I know she really enjoys the company."



Erma and her daughter Jeanne celebrate the big day.

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Gifts Make Spirits Bright

Sometimes it's the little things that make all the difference, especially during the holidays. The week before Christmas, volunteers assembled small gift bags and delivered them to every Meals On Wheels client.

Donations from the community included such items as sample and hotel-size hand lotion, shampoo and conditioner; postage stamps, stationary and cards; lip balm; small travel-size packages of tissue; candies; ornaments; packages of tea and hot cocoa; and food items like oatmeal, soup, fruit cups, and granola bars.

"The Treasure Valley community responded generously, allowing us to provide each of our seniors with a special gift bag right before Christmas," said Angela Spain, Program Manager.

Cody, Brady, Bill and Alyssa, students of Shannon Phillips' Teen Living class, collected \$100 and purchased small gift items for seniors. The white paper bags into which the gifts were placed, were decorated by students in grades one through five at Pioneer Elementary School of the Arts; Mrs. Loud's fourth grade class from Christine Donnell Elementary; Girl Scout Troop #811 led by troop leader Lisa Hlavinka and Brownie Troop #40 led by Troop Leader Jennifer Bourff.

"It's gratifying to see so many people coming together to bring a little cheer into the lives of seniors in our area. Thanks for making this holiday season special," said Spain.



Micron Hams



Senior Nutrition Program Manager Angela Spain receives a ham from Stacy Ray, Micron Employee

Every year Micron employees are given holiday hams. Each employee has the choice of taking the ham home or giving it to a charitable organization. With the encouragement of Meals On Wheels board member Kathryn Acosta, who works at Micron, a lot of employees decided their hams should help feed homebound seniors.

Hams totaling over 400 pounds were donated to Meals On Wheels and were incorporated into delicious ham meals that were served to seniors during the holiday season. We want to thank the generous spirit of the Micron employees who made this holiday season just a little brighter for seniors in Ada and Elmore counties.

Dining With A Purpose

Thank you Sheryl Howe and family!

Of all the festivities associated with the winter holidays, the one thing many people look forward to most is the big holiday meal. Generous donors, thankful for the opportunity to feast with family and friends, are also moved this time of year to help provide holiday meals for those less fortunate.

Such is the case for Boise resident Sheryl Howe and her family. She recently held a Christmas Open House fundraiser for Meals On Wheels and raised \$210 from the event – which is enough to fund 42 meals. Thank you Sheryl Howe and family!

A Meals On Wheels Poem

By David O. Carter

(Meals On Wheels Client – Meridian Route 3)

The special cooks have made their magic,
Healthy meals are packed with care.
Ready for delivery to the anxious people waiting there.
Gracious volunteers supply much more than food,
They also offer friendly smiles, and a cheerful attitude.
They have concern with those in need,
With how each person feels,
They bring comfort where they can –
The Program – "Meals On Wheels."

Christmas Meal Delivery

Six Senior Nutrition staff members and two volunteer family members, donated their time Christmas morning to prepare special Christmas meals at the Boise Senior Center. Sixty-one volunteer drivers from the community delivered 137 Roast Beef meals with all the fixings to Meals On Wheels recipients.



Volunteer driver, Jack Keller, prepares to take meals to clients in Kuna.

Thank You Earthpure Organics



Earthpure Organics donated 80 organic cotton reusable tote bags to Boise Co-Op which in turn sold the bags in the store. Both companies agreed to donate 100 percent of the proceeds to Meals On Wheels, which netted \$240. Pictured with Angela Spain, Senior Nutrition Program Manager, is Paul Frantellizi, owner of Earthpure Organics, and one of the Earthpure bags.